

YOGA FOR GRADUATE STUDENTS

YOGA, MEDITATION & MAKING CONNECTIONS



Enjoy being with other graduate students and participating in the practice of yoga and meditation.



The practice of yoga is great for muscular strength, stress relief, flexibility, and overall wellbeing.



- From January 30 - April 17,
Thursdays, 5:00–6:00pm
(No class on 3/20)
- Graduate Student Lounge
126 College Avenue (behind Panera on College Ave)



Note From The Instructor:

Hello everyone! I'm Kate, a third year PhD student in the Classics Department. I am a certified yoga instructor looking to help you find a love for Yoga. I look forward to seeing you in class.

Mats will be provided. Class is free and drop-in. No registration required.

ALL FITNESS LEVELS WELCOME, ESPECIALLY FIRST-TIMERS!

This event is sponsored by Rutgers Recreation and is part of the Graduate Student Lounge Event Series.



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